



## Bear/Keep something in mind

*to remember something that is very important*

- **Keep in mind** that some places are more dangerous than others for women travelling alone.

## Cross your mind

*if something crosses your mind, you suddenly think of it*

- It **crossed my mind** that she might be lying about her age.
- Going to college never **crossed her mind** as she knew how expensive it is.

## Food for thought

*if you give someone food for thought, you make them think hard*

- He knows so much that listening to him always gives me **food for thought**.

## A gut feeling

*a feeling or a reaction that happens fast without reasons*

- Jack had a **gut feeling** that Sarah was lying.

We can also say "**a gut feeling, a gut instinct, a gut reaction**" they're all the same.

## Lose the plot

*if someone loses the plot, they become confused or crazy or no longer know how to deal with a situation*

- Vicky works so many hours that she started **losing the plot**. She is making mistakes and keeps falling asleep on the job.

Memory and mind



# Idiom Podium

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Level 3

## Miles away

*if someone is miles away, they are completely unaware of what is happening because they are thinking deeply about something else*

- You didn't hear a word I said, did you? You were **miles away**.

## A mind like a sieve

*if you have a mind like a sieve or a brain like a sieve, you have a bad memory and often forget things*

- He lost his keys again. He's got **a mind like a sieve**.

## Fill in the blanks.

Fortunately, she knew that he had .....



Memory and mind